

Burlington Area Community YMCA-YWCA



eliminating racism
empowering women
YWCA

Membership Opportunities for Employees of State of Iowa Join without Paying the Joining Fee Burlington YMCA & YWCA Only

2410 Mt. Pleasant Street
Burlington, IA 52601
319-753-6737

Visit our Web site at www.burlingtony.org.

All Memberships include the following Services and Facilities
No Joiners Fee!

Gymnasium	Free Weight Area
1 regulation size high school gymnasium 1 regulation size college gymnasium	4 bench press racks 6 leg machines Smith machine Cable Crossover Dumbbell 5 lbs - 100 lbs (in 5 lb increments) Flat benches/incline benches Lateral pull down/seated row Pec deck Thousand pounds of Olympic plates Many other pieces of equipment
Racquetball / handball courts	
3 panel wall courts	
Fitness Arcade	
Wii Fit Dance Dance Revolution Makota Trazer Stationary bikes Putt-putt golf	
Indoor Pool	Outdoor Fields
6 lanes, 25 yards in length	Soccer Flag Football T-ball
Indoor Walk / Jog Track	
15 laps to a mile	
Computerized Fitness Machines	
Over 20 pieces including ellipticals, rowers, exercise bikes, treadmills	

	Labor Day - Memorial Day Weekend	Memorial Day - Labor Day
Monday -- Friday	5:00 a.m. - 9:00 p.m.	5:00 a.m. - 9:00 p.m.
Saturday	7:30 a.m. - 5:00 p.m.	7:30 a.m. - 4:00 p.m.
Sunday	1:00 p.m. - 5:00 p.m. (October - April)	

Other Services Available at Additional Cost:

- Child Care - Reservations needed (751-6734)
- Sauna/Steam Room/Whirlpool
- Message Therapy
- Meeting Rooms

Membership Rates*

	Annual	Monthly Bank Drafts
Single	\$339.00	\$29.75
Household	\$558.50	\$49.00
Single Parent Household	\$429.75	\$37.50

* Proof of current State of Iowa employment (employee ID card, check stub) is required.

For More Information, Contact:

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Health & Fitness Director
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